



Brace yourselves as we halt at various stations
and learn all about



Additionally, make way for awareness resources, sessions,
and activities on emotional wellness!

Founded in 2014 by Richa Singh and Puneet Manuja, YourDOST aims to transform how emotional well-being is supported, especially in educational institutions like ours.

Offering free access to a diverse array of support services, YourDOST is here to help you excel both personally and academically, ensuring you have the resources to navigate life's challenges and succeed.

Our mission is to help individuals, communities, and organizations unlock and expand their full potential.

Why choose YourDOST?

Student life comes with its fair share of challenges, and YourDOST is here to guide you through them. Whether you're dealing with academic pressures or personal struggles, or simply need a listening ear, YourDOST provides a secure, confidential space where you can access the support you deserve.

Over the past few months, we've made several key updates to YourDOST to ensure it better

meets your needs. We've introduced enhancements that make the platform more accessible, user-friendly, and responsive to your concerns. These thoughtful improvements are designed to provide you with an even more seamless and secure experience. Now, you can confidently focus on what matters most—your emotional well-being.

Whether you're new to TIFR or an existing student looking for a fresh start, we invite you to explore the enhanced YourDOST platform.

Don't let challenges hold you back—reach out to YourDOST and unlock your full potential

If you have any further doubts, concerns, queries, or simply want to say hi, drop us a mail at campus@yourdost.com

**Always with you,
Team YourDOST**
